

Barriers to Quitting Smoking



ARKANSAS PRAMS, 2009

PRESENTED TO
TOBACCO PREVENTION AND CESSATION PROGRAM
JUNE 13, 2011
BY
CONSTANCE CARROLL



What is PRAMS?



The Pregnancy Risk Assessment Monitoring System (PRAMS) is an on-going, population-based surveillance system sponsored by the Centers for Disease Control and Prevention (CDC).

The PRAMS survey asks mothers who recently had a live birth about maternal behaviors and experiences that occur before, during, and after pregnancy that might affect their health and the health their babies.

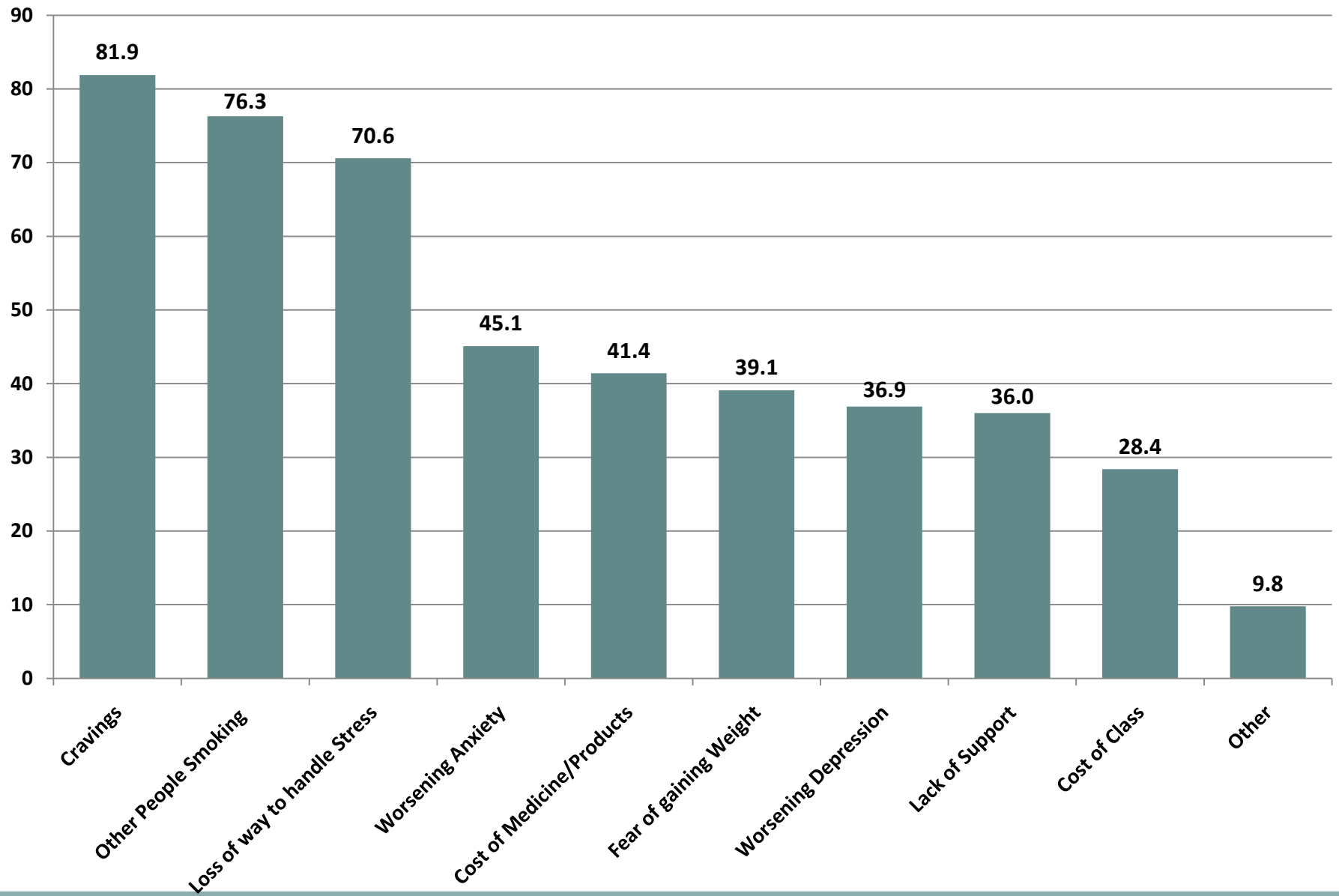
This presentation describes answers to the following question in the 2009 PRAMS Survey:



Listed below are some things that can make it hard for some people to quit smoking. For each item, circle Y (Yes) if it is something that makes it hard for you or circle N (No) if it is not:

- a. Cost of medicines or products to help with quitting**
- b. Cost of classes to help with quitting**
- c. Fear of gaining weight**
- d. Loss of a way to handle stress**
- e. Other people smoking around you**
- f. Cravings for a cigarette**
- g. Lack of support from others to quit**
- h. Worsening depression**
- i. Worsening anxiety**
- j. Some other reason**

Barriers to Quitting Smoking: Arkansas PRAMS, 2009



Top 3 Barriers to Quitting Smoking



- Cravings – 81.9%
- Other People Smoking – 76.3%
- Loss of way to handle stress – 70.6%

Barriers to Quitting Smoking by Race



Top 3 Barriers to Quitting Smoking by Race



White

- Cravings – 85.4%
- Other People Smoking – 81.6%
- Loss of Way to Handle Stress – 74.3%

Black

- Cravings – 65.9%
- Loss of Way to Handle Stress – 57.9%
- Worsening Depression – 43.8%

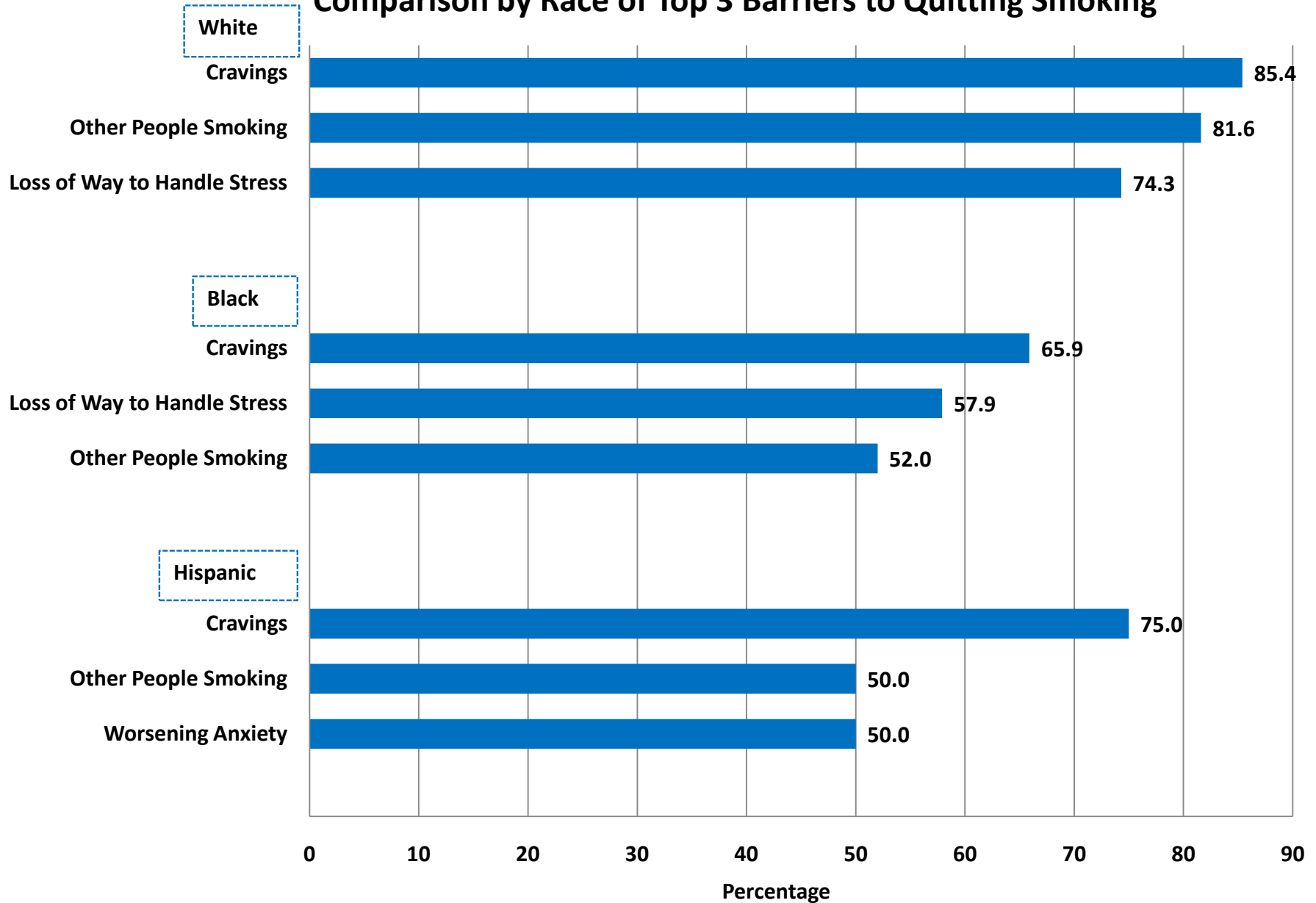
Top 3 Barriers To Quitting Smoking by Race, cont'd



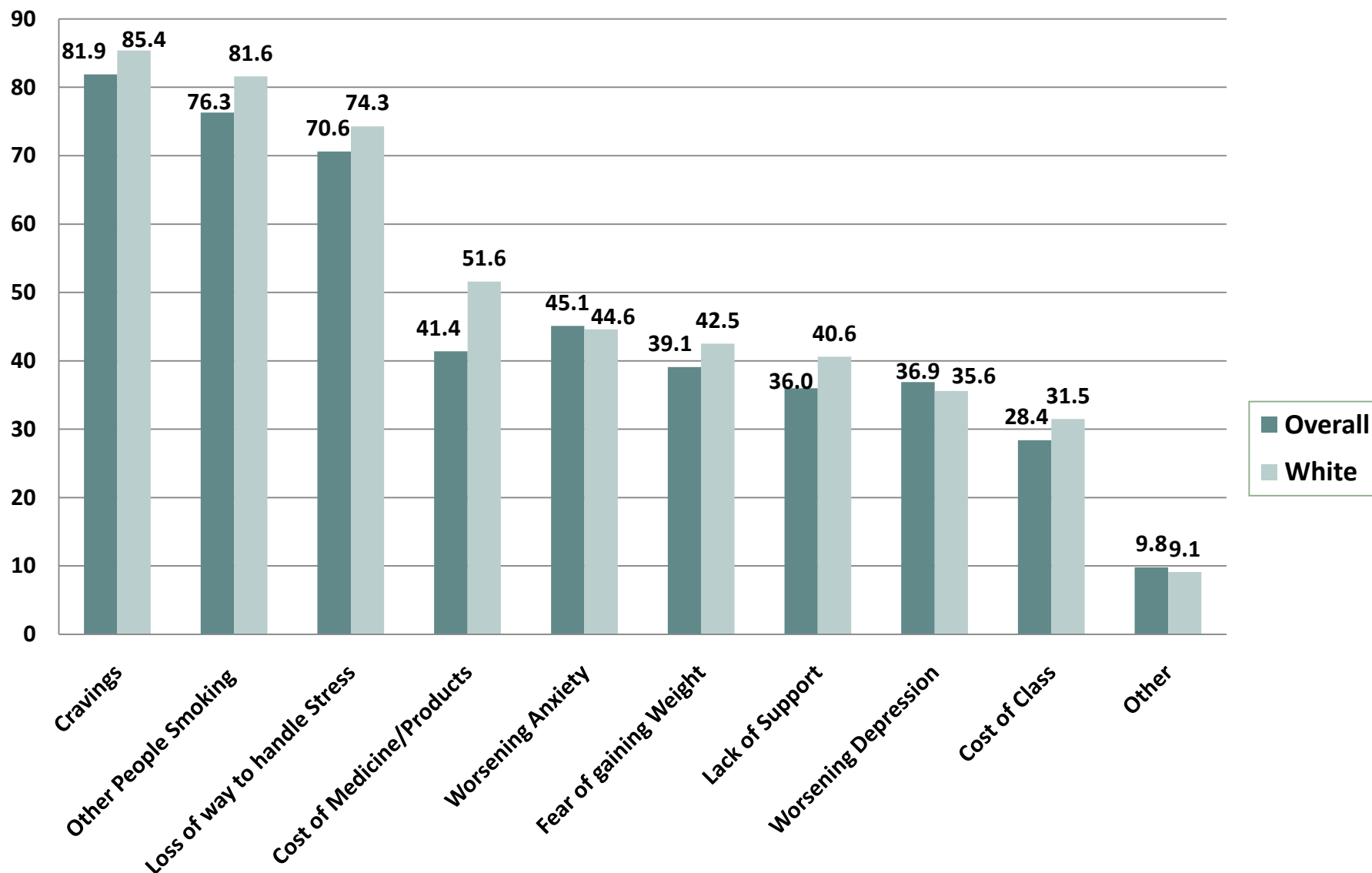
Hispanic

- Cravings – 75%
- Other People Smoking – 50%
- Worsening Anxiety – 50%

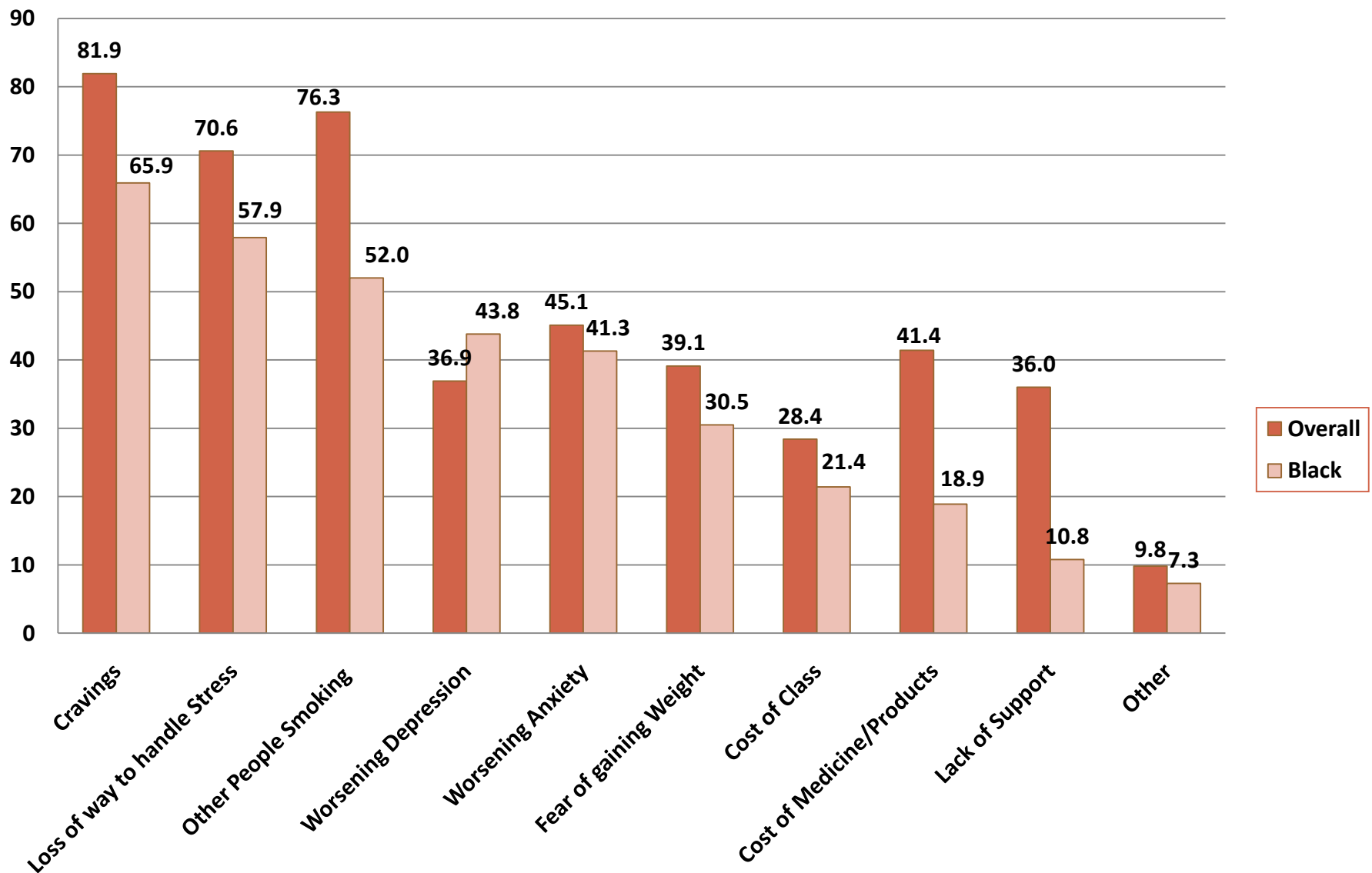
Comparison by Race of Top 3 Barriers to Quitting Smoking



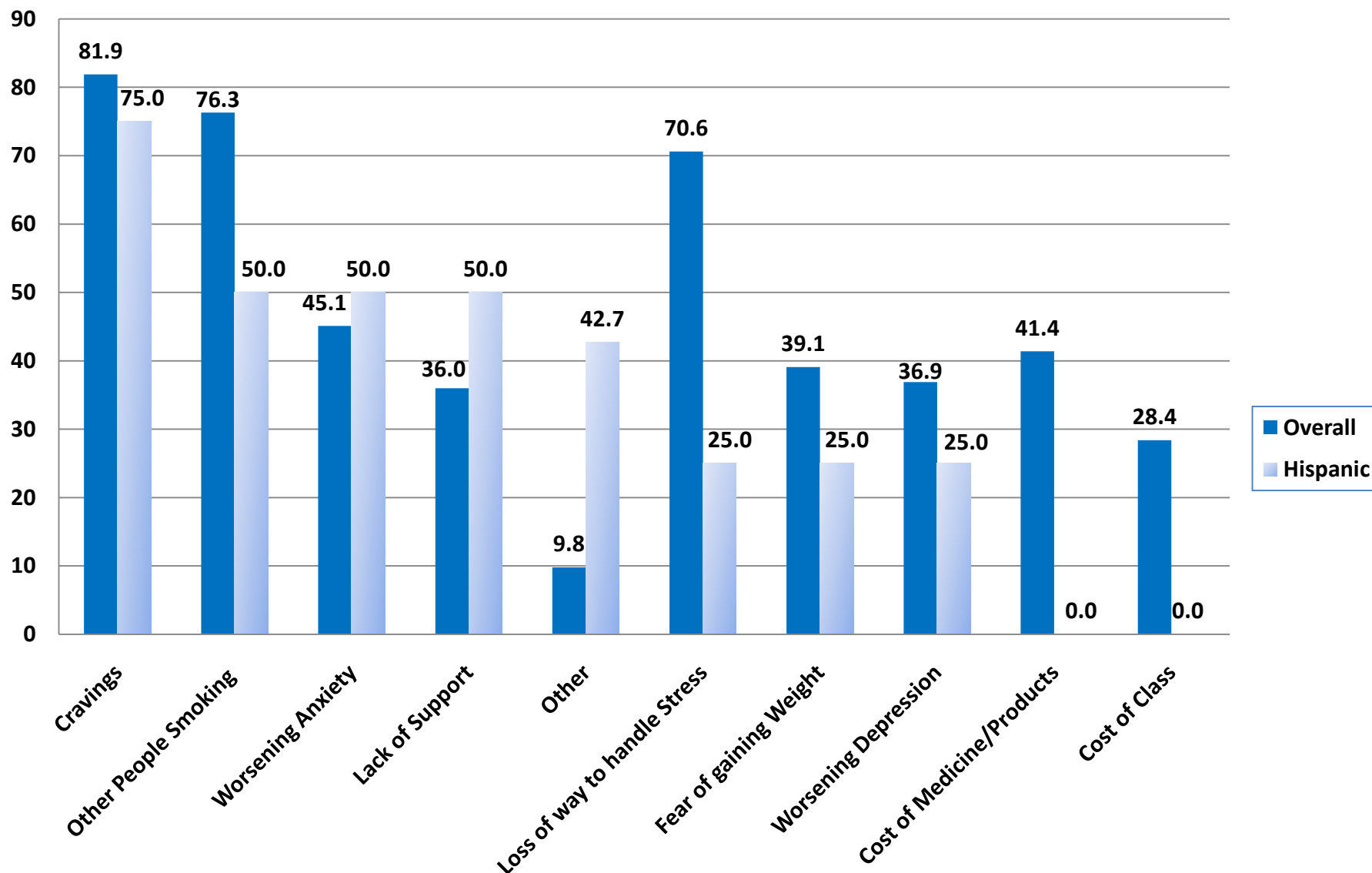
Barriers to Quitting Smoking Among White Pregnant Women: Arkansas PRAMS, 2009



Barriers to Quitting Smoking Among Black Pregnant Women, Arkansas PRAMS, 2009



Barriers to Quitting Smoking Among Hispanic Pregnant Women: Arkansas PRAMS, 2009



Barriers to Quitting Smoking by Medicaid Status



Barriers to Quitting Smoking by Medicaid Status



54.1% of deliveries were paid for by Medicaid

Top 3 Barriers to Quitting Smoking by Medicaid Status



Medicaid for Delivery

- Cravings – 77.9%
- Other People Smoking – 74.8%
- Loss of way to handle stress – 71.3%

No Medicaid for Delivery

- Cravings – 89.4%
- Other People Smoking – 78.8%
- Loss of way to handle stress – 69.3%

Comparison of Top 3 Barriers to Quitting Smoking - Medicaid

Medicaid Paid
for Delivery

Cravings

77.9

Other People Smoking

74.8

Loss of Way to Handle Stress

71.3

No Medicaid for
Delivery

Cravings

89.4

Other People Smoking

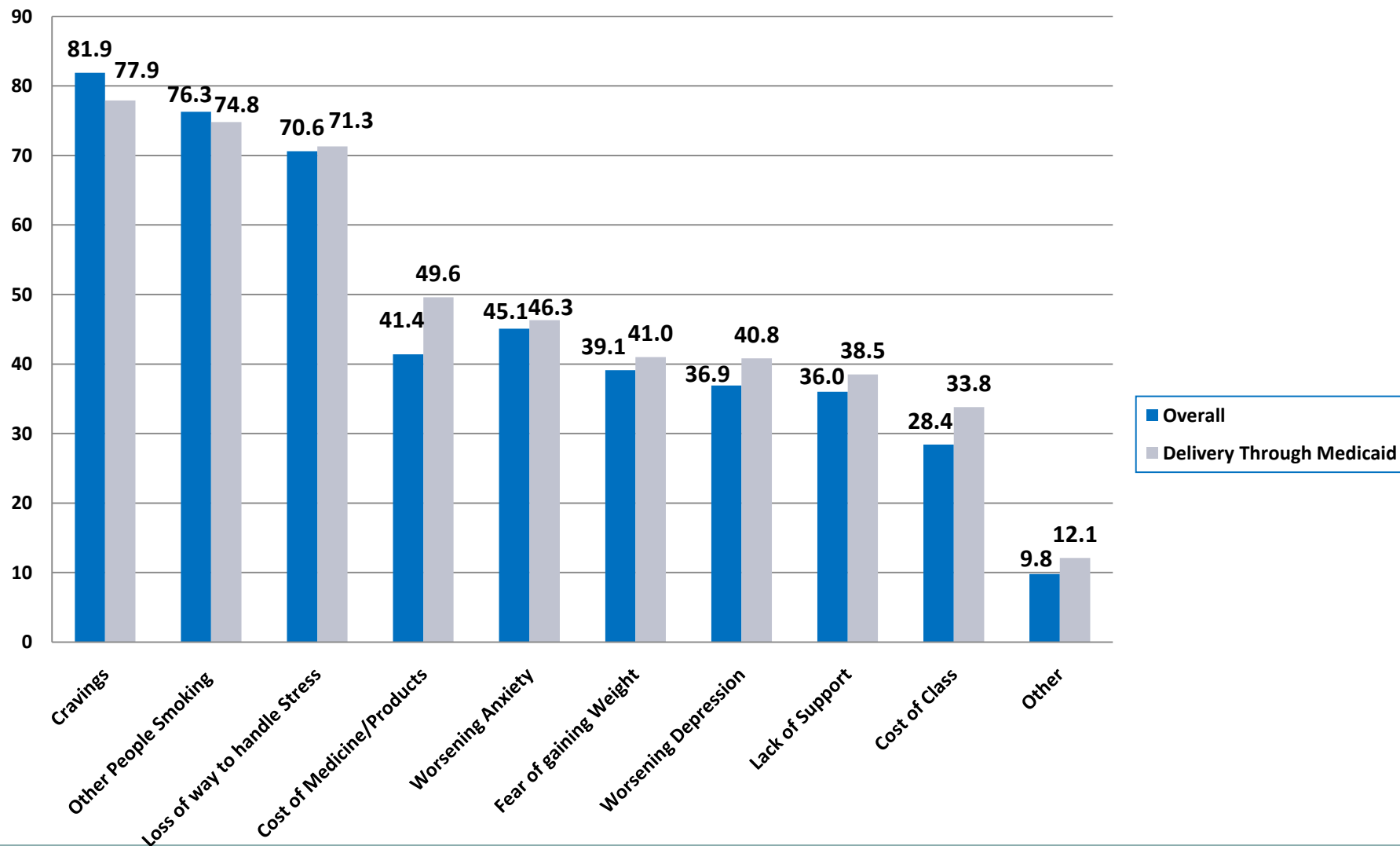
78.8

Loss of Way to Handle Stress

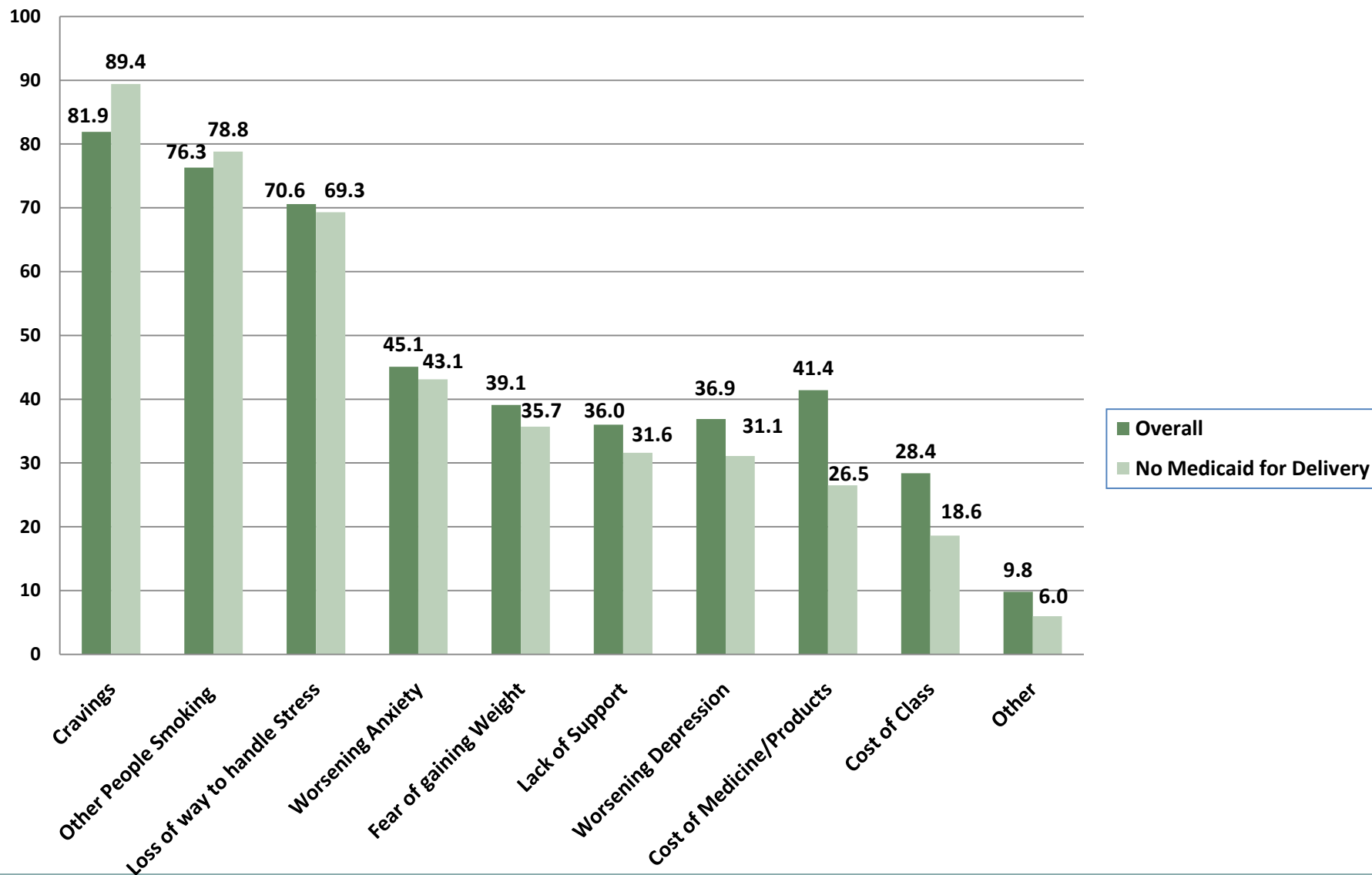
69.3

0 10 20 30 40 50 60 70 80 90 100

Barriers to Smoking Among Pregnant Women Whose Delivery was Paid for by Medicaid: Arkansas PRAMS, 2009



Barriers to Smoking Among Pregnant Women Whose Delivery was NOT Paid for by Medicaid: Arkansas PRAMS, 2009



Barriers to Quitting Smoking by Income



Top 3 Barriers to Quitting Smoking by Income



Income less than \$15,000:

- Cravings – 80.2%
- Other people smoking – 74.2%
- Loss of way to handle stress – 67.9%

Income between \$25,000 and \$50,000:

- Cravings – 81.1%
- Other people smoking – 71.9%
- Loss of way to handle stress – 69.8%

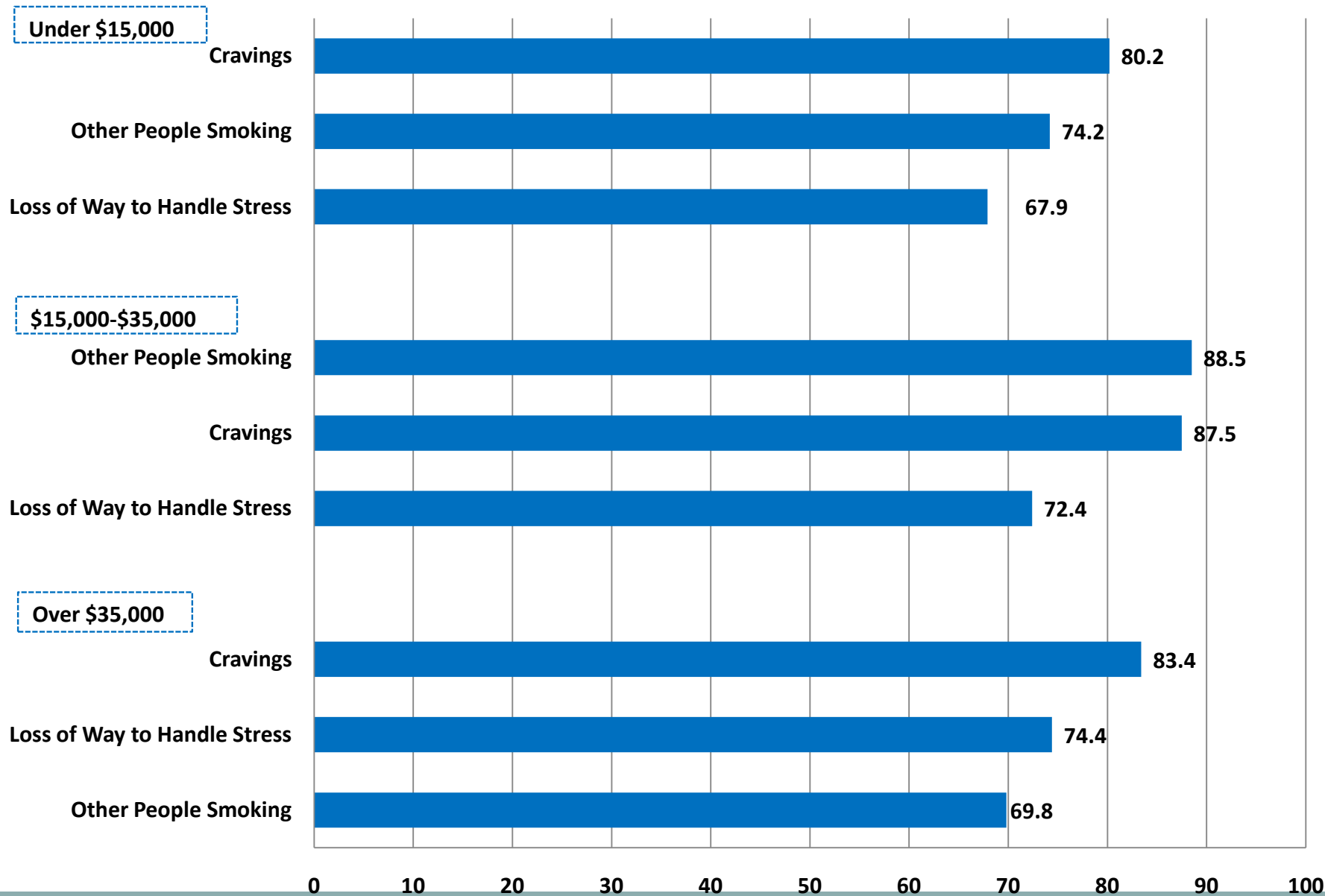
Top 3 Barriers to Quitting Smoking by Income, cont'd



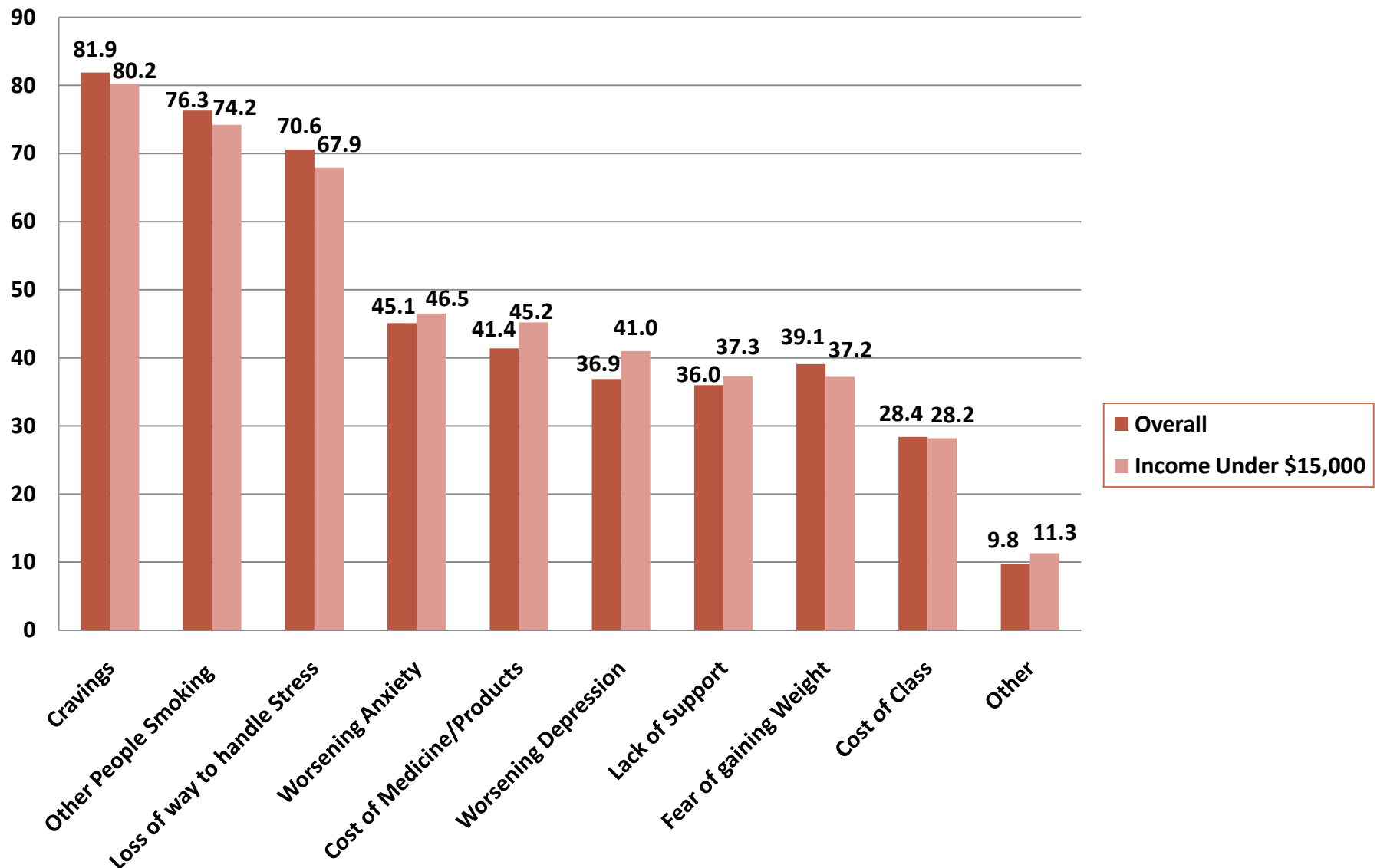
Income Over \$50,000 per Year:

- Other people smoking – 83.6%
- Cravings – 83.4%
- Loss of way to handle stress – 76.3%

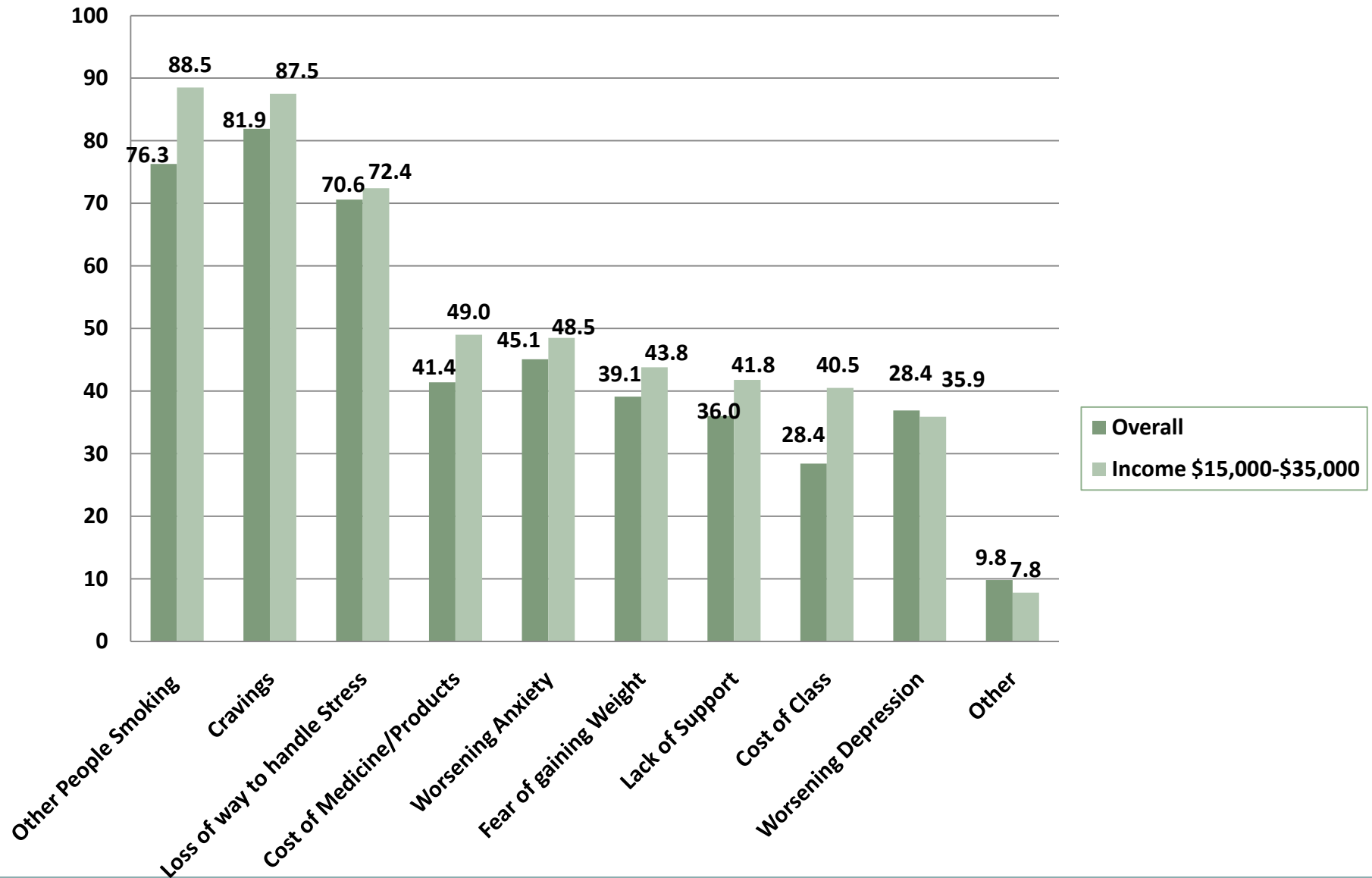
Comparison of Top 3 Barriers to Quitting Smoking by Income



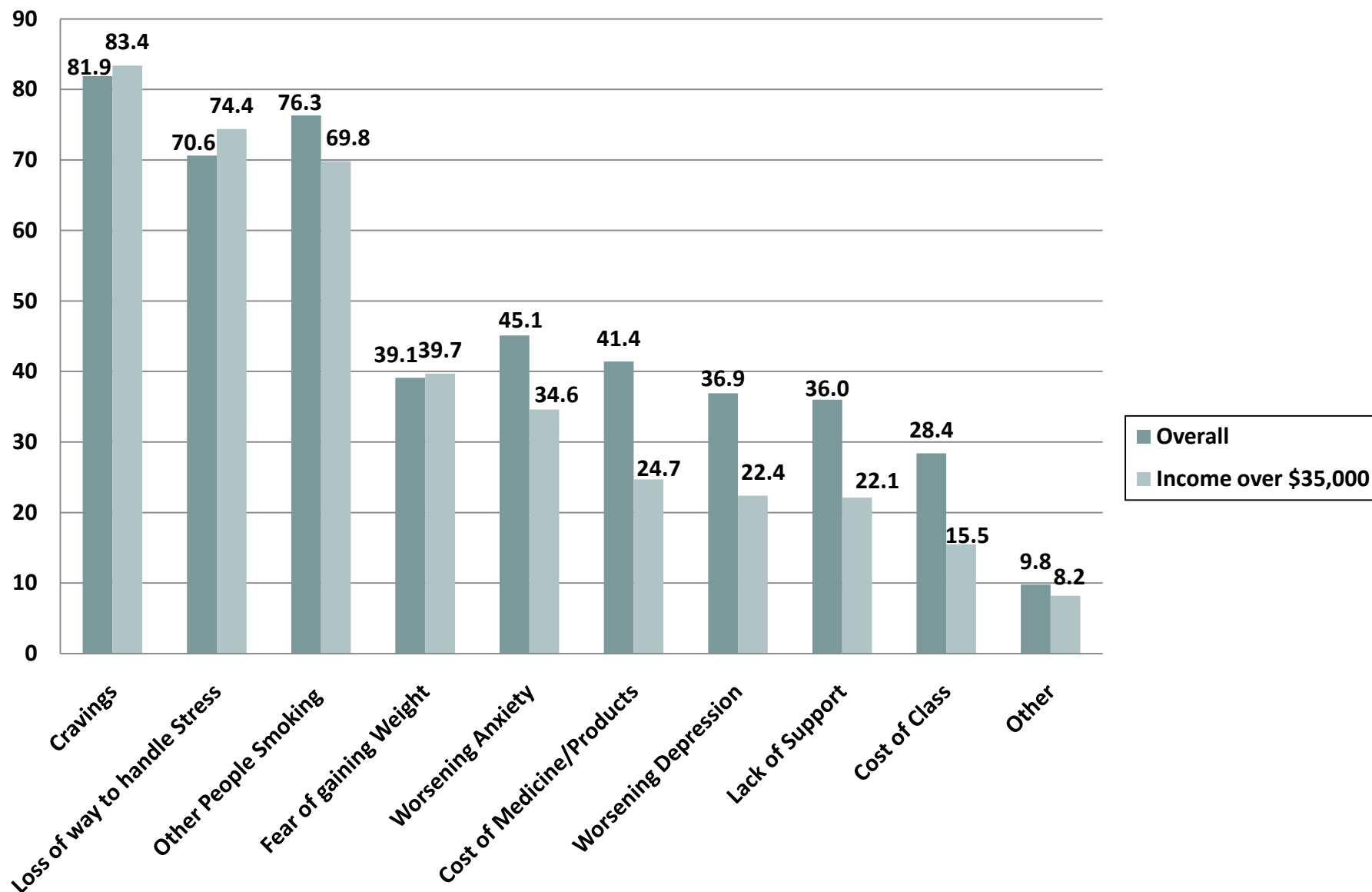
Barriers to Quitting Smoking Among Pregnant Women Making Less than \$15,000 per Year: Arkansas PRAMS, 2009



**Barriers to Quitting Smoking Among Pregnant Women Making
\$15,000 to \$35,000 per Year: Arkansas PRAMS, 2009**



Barriers to Quitting Smoking Among Pregnant Women Making Over \$35,000 per Year: Arkansas PRAMS, 2009



Barriers to Quitting Smoking by Education



Barriers to Quitting Smoking by Education



Less than 12th Grade:

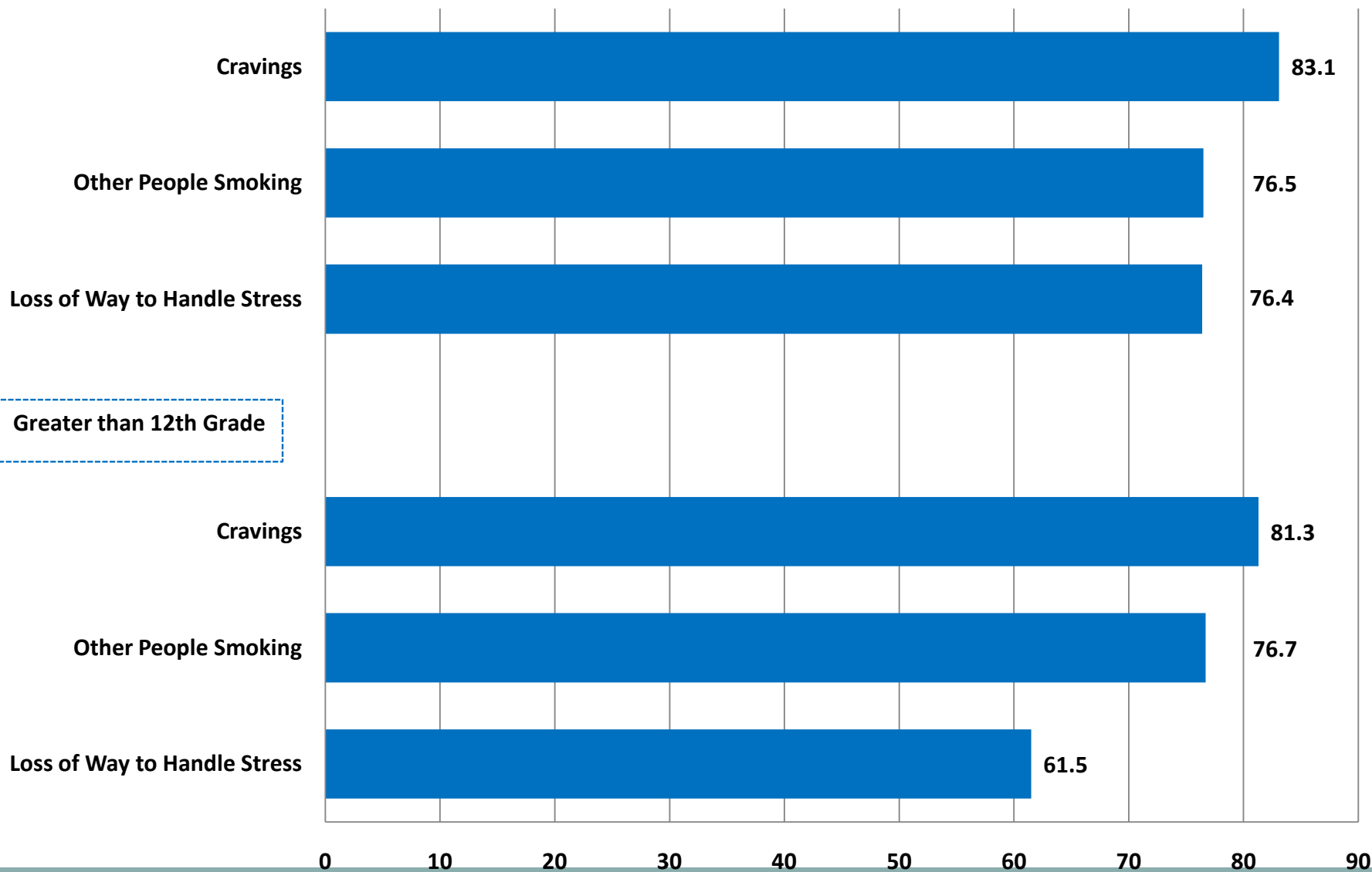
- Cravings – 83.1%
- Other people smoking – 76.5%
- Loss of way to handle stress – 76.4%

Greater than 12th Grade:

- Cravings – 81.3%
- Other people smoking – 76.7%
- Loss of way to handle stress – 61.5%

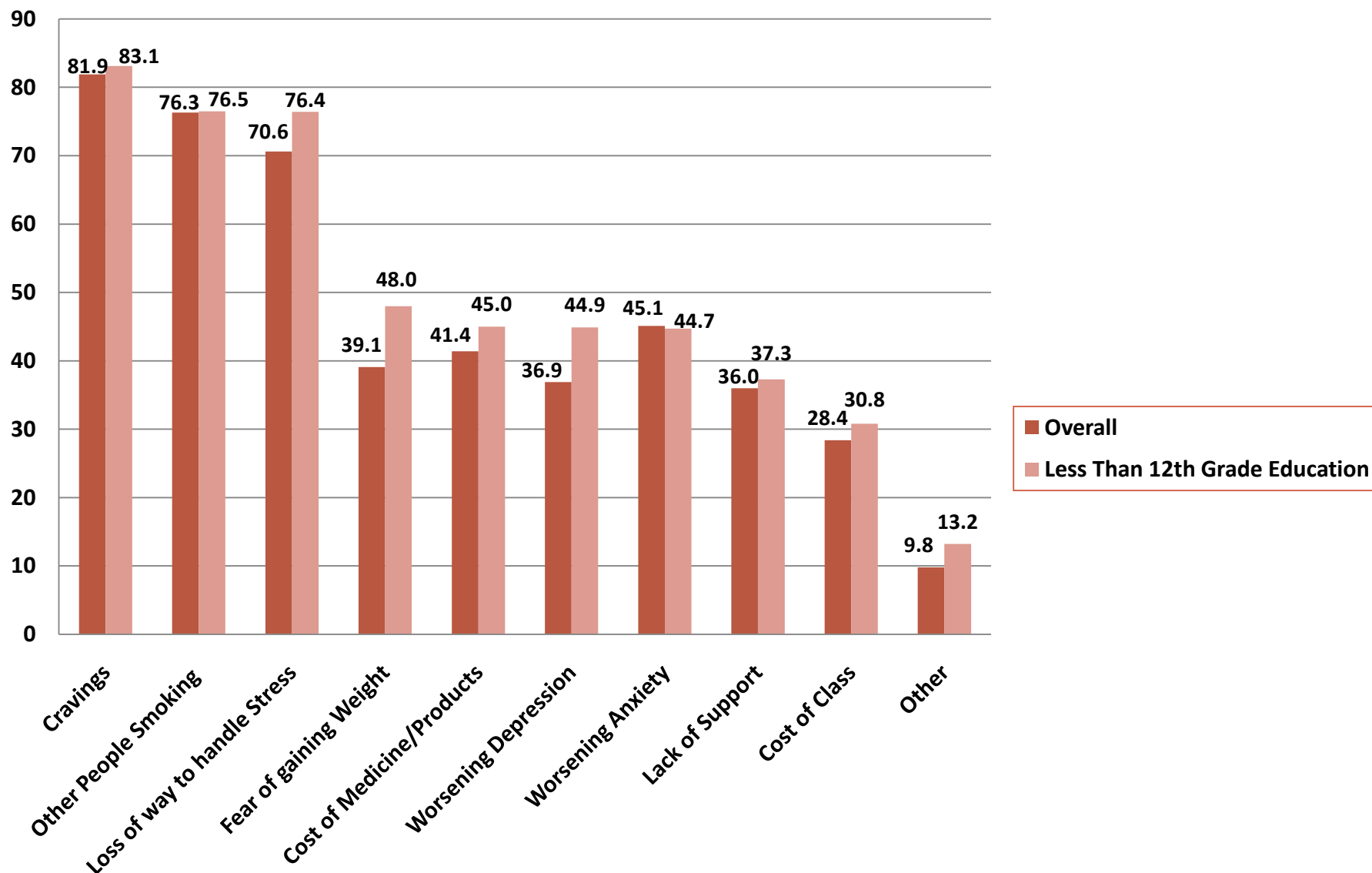
Comparison by Education Level of Top 3 Barriers to Quitting

Less than 12th Grade



Greater than 12th Grade

Barriers to Quitting Smoking Among Pregnant Women With Less than 12th Grade Education: Arkansas PRAMS, 2009



Barriers to Quitting Smoking Among Pregnant Women With More than 12th Grade Education: Arkansas PRAMS, 2009

